

Gold Medal Schools



Platinum Criteria

Maintenance

Bronze, Silver, and Gold + 5 Platinum Criteria

- Go through each level with schools to see what needs to be done to maintain.

#1 School Community Council

Strengthen your School Community Council by holding regular meetings and including health on the agenda at each meeting.

- Make sure a Community Council exists and meets regularly.
- Attend a meeting to help develop a GMS action plan.
- Assure that health is an agenda item at each meeting.
- Attend meetings as needed and/or provide School Coordinator with GMS topics
- Collect or develop an agenda.
- (Doesn't count as a School Health Council- Add. #12)

Action Plan



Soldier Hollow Charter School Action Plan 2005-06

GMS Goal for the 2005-2006 School Year:
COMPLETE PLATINUM CRITERIA

OBJECTIVE 1: Maintain all Bronze, Silver and Gold criteria.			
ACTIVITIES/TASKS	PERSON RESPONSIBLE	DUE DATE	PROGRESS
1A. Hold Gold Medal Mile Kick-off	Naomi	Oct. 30, 2005	Done
1B. Develop a way for students and teachers to track the miles we walk. Walk Gold Medal Mile at least once a week. Track miles on www.utahwalks.org	Naomi	Nov. 1, 2005	Done
	Jonelle		Updated 11/3
1C. Review and Update Policies, check into Safe Routes requirements	Rachel	Mar. 1, 2006	Plan and policy completed and submitted when school reached bronze. Community Council Committee planned to look at UDOT's safe routes (CARP) recommendations, but it hasn't become available this school year
1D. Additional criteria: Participate in Ribbon Week, Green Ribbon Month, and Truth From Youth	Jonelle, Rachel	Mar. 30, 2006	Ribbon Week done
1E. Attend GMS PE Training	Jonelle/Mr. Saba	Feb. 2006	Email Mr. Weber to expect date
OBJECTIVE 2: Assure that Community Councils meet regularly and include health as an agenda item at every mtg.			
2. Meet with community council, discuss GMS goals, save an agenda	Mr. Weber	Nov. 2005	Meetings held monthly always includes health
OBJECTIVE 3: Write a policy to have healthy choices at school, in vending machines and other venues. (consider non-food fundraisers)			
3a. Check into current nutrition policy to see if it works.	Jonelle	Jan 2006	Doesn't address needs for this year.
3b. Write alternative policy and submit for signature if necessary			Policy written and signed by Mr. Webber
OBJECTIVE 4: Plan and carry out a staff wellness program that lasts all year.			
4. Teachers are required to accompany students at recess and the GMM daily	Mr. Weber	Nov 2005	Done
OBJECTIVE 5: Involve families and the community in completing GMS criteria			
5. Parents are required to spend 3 hrs/week/child working for or at the school. Much of this is participating in the GMS program	Mr. Weber	Nov 2005	Done
OBJECTIVE 6: Write a policy that requires recess before lunch.			
6. Write and submit a policy to the school for signature.	Jonelle	Jan 2006	Policy Written and signed by Mr. Weber
OBJECTIVE 7: Focus on Mental Health and Wellness for the year			
7. Institute Character Ed. Program and 15 min discussion per day on values clarification.	Mr. Weber	Nov 2005	Done
7c. Provide Mental health resources and info to faculty and staff	Rachel	Mar. 2006	Done
7d. Arrange for a speaker on youth depression at the Issues community Conference. Invite faculty and staff to attend.	Jonelle	Mar. 2006	Speaker confirmed, Done

- List activities and tasks to complete each objective
- Person responsible
- Goal date
- Progress

Sample Agenda

Community Council Meeting January 11, 2006

1. Eat Smart Move Smart Program Kickoff
2. GMS Progress
3. Book Fair
4. Character Counts
5. PTA

#2 Healthy Choices Policy

Write a policy that requires healthy food choices to be available whenever food is available outside of school meal services.

- School events
- Vending Machines
- School stores
- Fundraisers (consider non-food fundraisers)
- Ensure awareness of policy
 - 5 a Day month activities in September

Sample Policy

Intent: Healthy food and beverage choices including but not limited to fruits, vegetables, low-fat dairy products, whole grain products, shall be available wherever and whenever food and beverages are sold at school.

The following places will provide heart healthy food:

- Vending Machines
- A la Carte Lines
- Fund Raisers
- Concession Stands

Access to all food other than school and home lunches should be limited during meal times to avoid competition with healthy lunches.

All fund-raising groups are advised to sell non-food items at fundraisers.

Rationale: A school's nutrition environment is influenced by all food available at the school. Foods with little nutritional value compete with healthy school meals. Mixed signals are sent to students when health and nutrition are taught in the classroom but are not upheld in the lunch area. By providing "heart healthy" food choices to students their eating habits and education achievements will improve.

Reinforcement: Food Service Personnel, PTA, and all fund-raising groups will be given a copy of this policy.

All groups in violation of this policy will:

- On first violation receive a warning
- On second violation be asked to stop selling food that day
- On third violation no longer have the privilege to sell on school property or at school-sponsored functions.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature Platinum #2

See Sample policies and procedures for implementation in GMS guide.

#3 Year long faculty wellness program

- Discuss ideas (community council or faculty meeting)
- Program coordinator at school
- Kick off promotion (Eat Smart Move Smart or other competition)
- Promote utilization of Healthy Utah (PEHP insurance program)
 - Brown Bag lunch seminars
- GMM participation
- Healthy eating ideas for faculty
 - Salad bars, fruit bowl
- Coordinate with Silver #2 (Staff wellness policy)

#4 Community Involvement

- GMS Newsletters or insert in school news
- Invite community (parents) to walk the GMM
- Send home fitness/nutrition charts for the whole family
- Invite the community to use school fitness facilities
- Inform the community of GMS activities with school or community newspapers

#5a Recess before lunch policy

- Requires recess to be held immediately before lunch
- Ensures students come to lunch less distracted and ready to eat
- Increases the likelihood that students will take time to eat, try healthier foods, and enjoy their lunch time more.

#5b Adequate eating time policy

- Lunch to last at least 20 minutes after students have been seated
- Lunch scheduled between 11:00am and 1:00pm for all students

****See Sample policies and procedures for implementation in GMS guide.****